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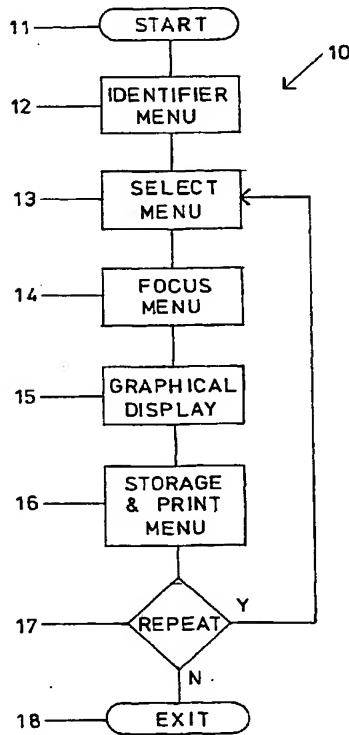
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(54) Title: PSYCHOMETRIC INSTRUMENTS AND METHODS FOR MOOD ANALYSIS, PSYCHOEDUCATION, MOOD HEALTH PROMOTION, MOOD HEALTH MAINTENANCE AND MOOD DISORDER THERAPY



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(57) Abstract: A system and method that allows a person to comprehensively and non-verbally express their present, past and anticipated future emotional responses regarding all aspects of their life including relationships, work, study, memories and experiences. The system relies on a method wherein the person can graphically represent their mood state by depicting the proportion that each of a number of primary moods contributes to the mood state for any nominated aspect of their life. The system provides some guidance regarding healthy and unhealthy mixes of these primary moods thereby allowing early identification of vulnerable mood states which without intervention may progress to mood disorders. In a clinical setting, the invention may be valuable in monitoring treatment response, sub-typing mood related diagnoses, measuring therapist-patient empathy, establishing treatment goals and as a therapeutic tool in emotionally focussed psychotherapy. The method can be performed using an electronic device, such as a computer, running appropriate software.